



# STEP Leadership Project

## University of Colorado Pre-Med Wilderness & Emergency Medicine Course

### Project Description

- Two week intensive course about Wilderness and Emergency Medicine
- First Week: University of Colorado Anschutz Medical Campus
  - EM lectures, guest speakers, and skills labs regarding ultrasound, splinting, suturing, patient assessments, and more
- Second Week: Camp Granite Lake in the Rocky Mountains
  - Backpacking and hands-on scenarios
- Over 100 hours of training to become a Wilderness First Responder



### Why this project?

- Going into the project, I was confused with what I wanted to do with my life; I wanted to go into the healthcare field, but I was not sure what specialty or position I should pursue
- I was constantly tossing around the options of being a PA, MD, NP, paramedic, or nurse, unsure of which was the right path for me
- I participated in this course because I had a pretty strong interest in EM and with all the medical professionals we were going to get to talk to, I hoped to receive some clarity about what career I should pursue in the future

### Transformation

- I went from having no idea what I wanted to do with the rest of my life, to having immense clarity of what I see as my future career
- I know I want to work in Emergency Medicine
- I can confidently say that I want to go to paramedic school upon graduation, work as a street medic for a couple of years, and then apply to medical school
- I would not have come to this decision without all of the physicians I got to talk to, the shadowing in the ED, my fellow peers in the program, and the hands-on scenarios we practiced
- A huge weight was lifted off my chest; I can finally breathe and not be stressed about my career because I am so happy and excited for what my future has in store in Emergency Medicine

